

April 2008

COMMUNITY FIRST HEALTH CO-OP NEWSLETTER

"Supporting Solutions for Healthy Communities"



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OUR MISSION

To enhance the health and wellness of communities, families and individuals by providing services through a co-operative partnership of consumer and health service providers.

"The Community First Health Co-op has been in existence since 2002. The extent and scope of accomplishments that have been achieved by this group are extraordinary, all the more so considering that most of the work has been done by volunteers"

The Board of Directors Meetings are held on the 2nd Tuesday of each month at the Health Co-op, 518 Lake Street. Members are welcome to attend.

What's Happening at the Selkirk College Health Centre in the Community First Health Co-op

As the new coordinator I am taking some time to both appreciate the work completed by my predecessor Pat Gibson and to forge my own way into this project. It is at once inspiring, exciting, and a bit daunting. Being guided by the philosophy of primary health care the challenge is to provide effective health care services to the community while creating learning opportunities for creative and capable nursing students across the four year program. The design I am working with in the health centre will see approximately one third of the services being provided on site and the rest in the community. The centre will act as the hub for a wide variety of outreach services.

With this in mind I am meeting with people who coordinate a range of programs in the community providing services to youth, homeless people, young families and seniors to name a few. The information they give me and connections I am making will provide the basis for increased outreach services from the health centre. Having

more nursing students working regularly in the community will not only give the students a broad understanding of the determinants of health and how these affect people's lives and ability to stay healthy, it will broaden the public image of nursing and the capabilities of nurses.

During second year the focus for nursing students is on patient assessment and integrating the theoretical knowledge of disease processes with the nursing and medical care used to treat these. Students are challenged to individualize this knowledge to each patient's situation. As part of their clinical placement the students come to the centre at the health co-op for two days a week. After an orientation to the services available at the co-op they review the philosophy of primary health and begin in the medical clinic to see clients of both Dr. Kailia and Dr. Murray. They provide a broad nursing assessment and assist the client to develop and prioritize indi-

vidual health goals.

A student accompanies the client in to see the physician and following this the student and instructor review with the client the recommended treatment and support the client in addressing their prioritized health goals. Clients have appreciated the additional time and support they have received and students have found they are better able to understand how to support an individual or family in the context of their life in the community. On returning to the hospital rotation student's say they bring this approach to their hospitalized patients and it aids in their ability to address the whole person.

The focus in 3rd year is health promotion and prevention. There are four, third year students pursuing projects based out of the Health Centre.

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Here is an update on what is currently in place cont.

These range from one, who is implementing a computer based self-help program for people aged 40-60 years, at risk from Cardiovascular disease. Anyone interested in participating in this program should contact Tom at 352-1360.

Another is helping Dr. Kailia initiate the practice of group appointments. Two other students are working with local schools helping to initiate their Healthy Lifestyles committee. A fourth group is working with mental health developing support services for young individuals and families challenged with schizophrenia.

Any feedback, comments, ideas are welcome at jfearing@selkirk.ca

Judith Fearing,
Nursing Coordinator
Selkirk College Health Centre
Community First Health Coop

A MESSAGE FROM THE CHAIR

The volunteer board of Community First Health Co-op has continued to work to support the dreams and hopes for our communities wellness. We have been busy exploring any and every opportunity to bring affordable housing to our community for seniors, the working singles, families, and students. We are optimistic that a community solution will be found. We have also been committed to ensuring that the wellness centre is a sustainable vision to serve the residents of our communities. It has long been our goal to do a job of communicating with our membership in the face of the challenges of minimal funds and volunteer time. Using email appears to be a viable option at this time as each mail out costs the organization up to \$800 for postage and printing. To help with our communication, we ask that those folks with access to email, our initial membership data told us that 60% had email, contact us at info@healthcoop.ca to ensure we have your current email address. Copies of our newsletter will be available at the reception counter at The Nelson and District Credit Union, the lobby at the CFHC Building and at the Nelson Municipal Library. We are committed to serving our communities. Debby Zeeben

ACUPUNCTURE AND NATURAL HEALTH CLINIC

First Year in the Community First Health Co-op

While in school I always thought how great it would be for Nelson to have a centre that supported all types of multi-disciplinary health care and community services. A centre in which the practitioners and support workers work together to prevent and treat illness and promote good health; how great it would be for the community members to be able to access the services that they needed for their particular illness or situation all from the same centre. In saying this I feel quite fortunate to be a part of the Community First Health Coop.

When I first opened the Acupuncture and Natural Health Clinic the building was pretty quiet! I can't lie, there were a few times I wondered if I had made the right choice. As the year rolled along the build-

ing started to fill up and come alive and now I have no questions about the choice I made. Being in the front of the building I see the front doors opening continually throughout the day and it makes me feel good that the community is also starting to accept this building as a place to come for healthcare and community support. I have many patients that come to see me and tell me how nice it is that their Acupuncturist, Chiropractor and M.D. all work in the same building.

I would also like to say a thank you to Doug Stoddart for all his time and effort he has put into helping me. I look forward to what the future holds for the Community First Health Co-op.

Shauna Robertson.